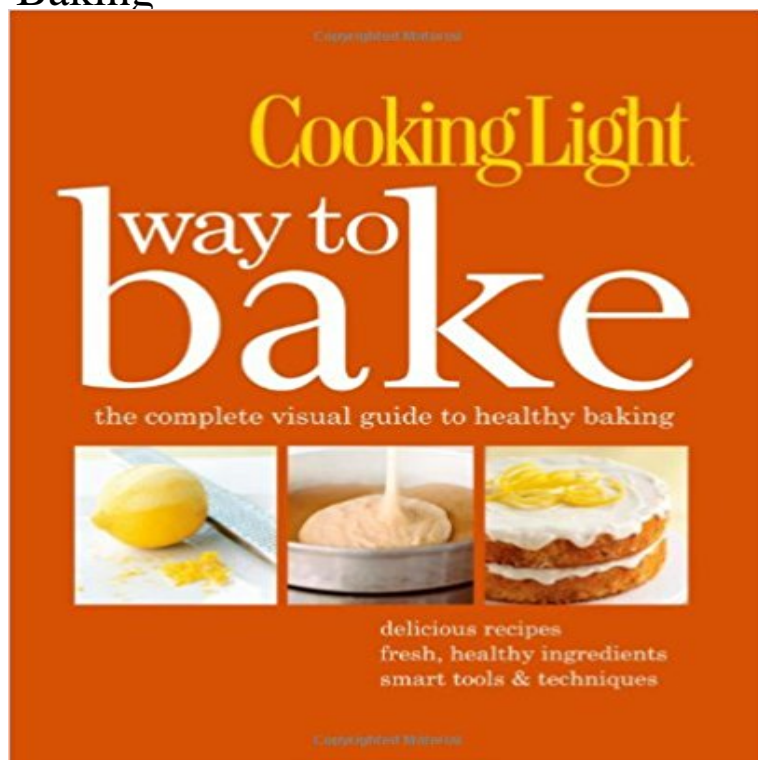


# Cooking Light Way to Bake: The Complete Visual Guide to Healthy Baking



Cooking Light Way to Bake is a celebration of the joy of baking and the pleasure healthier baked treats can bring. Light baking has its own set of techniques, and this book is filled with more than 600 full-color photos showing you exactly how to prepare a wide variety of delectable baked goods, so you get perfect results every time you bake. Baking is both a science and an art and the nuances are numerous, but there are certain principles and techniques that always hold true. With the right proportion of ingredients and a few essential facts and easy-to-learn skills, you can make your light baked goods shine. Inside, you'll find a primer on those guidelines and a glossary of ingredients to help get you started. Technique is key. In traditional baking, butter and sugar can hide a host of baking mistakes, but healthier baking doesn't afford that luxury. This book offers you the secrets to light baking success. From creating flaky biscuits to making a perfect piecrust, you'll find hundreds of tips and the nutrition information you need to create memorable homemade baked goods.

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